

GYNECOLOGICAL REHAB PERFORMANCE TRAINING

# INTRODUCTION PACKET

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**Individualized pre and post-operative protocols and management strategies.**

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NAIROBI OBESITY AND LONGEVITY CENTRE





Get support with medical exercise prescription and personal training to ensure progress is not lost once initial treatment phases concludes, specifically on the obesity and lifestyle side of your patient’s recovery, with our array of programs that include digital monitoring and “bridge” models for obesity medications (like GLP-1s).

Ensure that medical gains achieved in the hospital are not reversed through “rebound” weight gain or excessive muscle mass loss and reduced metabolic rates.

Also get procedural protection, continuity of care and ensure that what was achieved medically in hospital is protected and not reversed once at home.

# NBOFITNESS





# MEET YOUR STARTING TEAM

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**Evans Mwaniki, PT**  
*Physiotherapist*



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Mwaniki is a dedicated Christian currently serving as the CEO at Nairobi Fitness Consulting; Healthcare Economist; Obesity & Human Performance Rx. Specialist; The Rehab Cafe Show Host & Bulletin Author; and as an Orthopaedic & Sports Medicine Physiotherapist at The Nairobi Hospital.

Our teams at Nairobi Fitness Consulting are specially trained and adapted to working with a myriad of gynecological conditions, from the simple to the extreme: Endometriosis, Ovarian Cysts/Tumors, Polycystic Ovary Syndrome (PCOS), Uterine Fibroids, Pelvic Inflammatory Disease (PID), Amenorrhea, dysmenorrhea, menorrhagia, Pelvic Organ Prolapse, Urinary Incontinence, Infertility, Hysterectomy, Tubal Ligation, Menopause.

# PROJECT TIMELINE

01

## Initial Assessment & Onboarding (Week 1)

We begin with a condition-specific comprehensive health and movement assessment to establish your baseline. This includes posture analysis, mobility screening, and a functional performance questionnaire.

02

## Data Analysis & Program Design (Week 1)

We analyze your assessment data, medical history, and lifestyle inputs. Your program will address both corrective priorities and long-term performance goals, integrating mobility, strength, and metabolic conditioning.

03

## Program Orientation & Education (Week 1)

You'll be introduced to your tailored condition-specific program structure & guided through exercise techniques, breathing mechanics, and progression logic. Understand the "why" and perform each movement safely & effectively.

04

## Implementation & Guided Sessions (Weeks 2-8)

Your supervised sessions begin—focused on restoring movement efficiency, improving functional strength, and enhancing recovery. Adjustments are made in real-time based on your feedback and performance data.

05

## Progress Evaluation & Adjustment (Week 9)

We conduct a re-assessment to measure improvements in mobility, strength symmetry, and if any, pain reduction. Your program is then refined to align with your evolving goals and adaptive responses. Special population considerations included.

06

## Continuation Plan & Performance Integration (Ongoing)

You'll transition into the next training phase — This phase ensures continuity, accountability, and sustained results.

# WE FOCUS ON:

- Increasing anti-inflammatory cytokines.
  - Reducing visceral fat mass.
  - Increasing anti-inflammatory immune cells while reducing pro-inflammatory immune cells.
  - 3-days per week individual training (Virtual/ Home/ Private Gym)
  - Obesity Treatment expert guidance
  - Exercise Therapy personal training only
  - Precision Nutrition (optional add-on)
  - Psychological Rehab (optional add-on)
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## 01

### **Personalized Exercise Therapy Programs**

Integration of corrective exercise, mobility training, and functional strength conditioning to restore balance, enhance resilience, and reduce movement inefficiencies. Your sessions are data-informed and progressively structured to ensure measurable improvement.

## 02

### **Functional Performance & Rehabilitation Coaching**

Through one-on-one sessions, our specialists coach you in movement precision, breathing mechanics, and energy efficiency. We bridge therapy with athletic conditioning, ensuring you move better, recover faster, and perform stronger.

## 03

### **Ongoing Monitoring, Progress Tracking & Lifestyle Integration**

We provide continuous monitoring and progress reviews—integrating sleep, nutrition, and recovery habits into your plan. Using performance analytics & structured feedback loops, we help you sustain your gains and transition seamlessly into higher-performance living.



# NEXT STEPS



*Thank you!*

Choose between a **6-month or a 12-month engagement** of 3-days per week individual training (Virtual/ Home/ Private Gym) for consistent progress, measurable, sustainable results and outcomes.

- **Bi-annual** session-based medical support package (pricing, twice per year)
- **Annual** commitment-based medical support package (pricing, once per year)



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